

mittee expressed the following opinion as a result of their investigations:—1. Better water supply is demanded. 2. Drinking water should be tested by the permanganate of potash test, which may be easily applied by the teacher. 3. That in some instances the trustees should procure a more complete chemical analysis by a competent analyst where any doubt exists. 4. That the drainage, location of wells, the construction and daily management of outbuildings, should be looked after by trustees as well as by teachers and inspectors. 5. That in the construction of school buildings trustees should properly regard the general sanitary requirements such as lighting, ventilation, heating, etc.; false economy on the part of trustees may frequently prevent teachers from accomplishing all that they would desire with regard to these points. 6. That overcrowding and insufficient air space, which at present is a very common evil in our schools, should not be allowed. 7. That better methods of ventilation should be provided by trustees. 8. That special attention should be paid to limiting the daily hours of study, and of single lessons to periods suited to the various ages of the pupils. 9. That exercises and general physical training is recommended, the object being (1) of giving grace and ease of movement; (2) enlarging the chest, allowing free and healthy respiration and freedom of heart action; (3) strengthening the muscular system and correcting and preventing spinal curvatures; (4) and encouraging digestion and natural assimilation of the food. 10. Teachers should endeavor to make themselves aware of any defect in vision or hearing. They could then instruct pupils how to avoid any causes which intensify these defects. (A school physician or medical health officer could direct teachers in this.) 11. There should be a reliable thermometer in every school, so that the temperature might be accurately regulated. 12. Means should be adopted to supply a proper degree of moisture in every school room with the heating arrangements. 13. That the earth-closet system should be made compulsory in every school where no better plan is already in use. 14. That a record should be kept in schools of absentees from sickness, giving the name of the disease as certified. 15. The provision in the Public Health Act for the appointment of a Medical Health Officer for each health district should be complied with, his duties, among others,

being to act as Medical Inspector of Schools as well as Advisory Officer in matters pertaining to school hygiene.

OF THE BACK NUMBER of vol. III wanted the publisher has received sufficient and is much obliged to all those who have sent a copy.

THAT BAKING POWDER.—A stupid error occurred in connection with the formula for baking powder in the last number of the JOURNAL (seemingly by dropping out when made up, of an o—for it was right in proof). The proper proportions are given below. Those who have tried the powder are highly pleased with it. It is fully twice as strong as the ordinary prepared powders—half the usual quantity being sufficient.

Potassa bitart (Cream Tartar)	30 parts.
Soda bicarbonate	15 "
Flour	5 "

Mix well together.

MONEY MAKING.—It is said that dull times do not effect the agents for the large publishing house of George Stinson & Co., Portland, Maine. The reason being that they always give the public that which is highly appreciated and at prices that all can afford. Those who want profitable work should apply. Women do as well as men. Experience is not necessary, for Messrs. Stinson & Co. undertake to show all who are willing to work the path to success. The publisher of this Journal has long possessed articles made by this firm and believes it to be a most reliable one. Full particulars sent free to those who address the firm as above.

AN AUTHORITY has stated that there is not in the whole of the pharmacopeia so sovereign a remedy as hard work. If this is with the pen let it be with Esterbrook's "Easy Writer."

HOW TO COOK WATER.—Delmonico used to affirm: "Few people know how to cook water. The secret is in putting good fresh water into a neat kettle, already quite warm, and setting the water to boiling quickly, and then taking it right off to use in tea, coffee or drinks, before it is spoiled. To let it steam and simmer and evaporate until the good water is all in the atmosphere, and lime, and iron and dregs only left in the kettle—bah! that is what makes a great many people sick, and is worse than no water at all."